

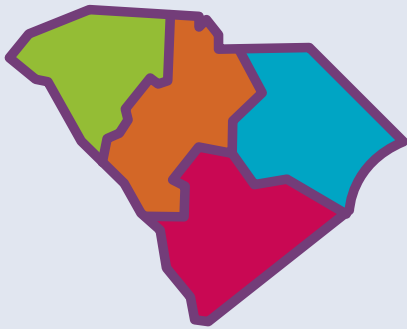
Who We Are and What We Do

Mission Statement

To provide food and nutrition education that inspires public confidence and supports American agriculture by encouraging healthy food choices and physically active lifestyles among SNAP-eligible persons

Our Reach

Counties: Bamberg, Calhoun, Chester, Darlington, Dillon, Dorchester, Fairfield, Florence, Hampton, Kershaw, Lancaster, Lee, Lexington, Marion, Marlboro, Newberry, Orangeburg, Richland, Saluda, Sumter, Williamsburg, and York counties.



DHEC's SNAP-Ed programs are provided in 22 counties.

Sites: Head Start programs, schools, children's museums, food pantries, recreational centers, community centers, churches, housing authority sites, drug and alcohol addiction centers, summer camps, county libraries, senior citizen centers and federally qualified health centers

Nutrition Education Programs

These programs focus on evidence-based practices by providing direct nutrition education, marketing/promotion, and policy, system, and environmental change strategies to improve the health of SNAP communities.

Empowering Families with Quality Nutrition Education

SNAP-Ed interventions focus on quality nutrition education and address nutrition concerns and food budget limitations faced by families with low incomes or receiving SNAP benefits. Evidence-based curriculums focus on topics such as building a healthy plate, increasing whole grains, food safety, label reading, meal planning, shopping on a budget, and physical activity.

Building Community Partnerships

SNAP-Ed collaborates with organizations to provide free classes for parents, caregivers, children and seniors at locations in their communities such as health centers, churches, child care centers, and schools. SNAP-Ed, with the help of community partners, hopes to inspire participants to make behavior changes that can improve their health and reduce healthcare costs.

Changing the Environment SNAP-Ed collaborates with community partners to encourage policies, systems, and environment strategies (PSEs) that improve access to healthy foods and increase opportunities for physical activity. PSEs support and reinforce the nutrition education SNAP-Ed provides to ensure healthy choices are easy choices for South Carolina families. One example is the implementation of a school garden at Harbison West Elementary School in Irmo. The school established a garden committee to head the project. The SNAP-Ed staff assisted with procuring SC Farm to Institution grant funds and technical assistance with building the garden. Children at the school participated in planting the garden and harvesting the produce which is used for taste testing to help expand the variety of produce consumed by students. Future plans for the garden include certifying food service staff to be able to utilize broccoli grown in the garden in school lunch menus.



Program Highlights

It's Your Health Take Charge is an adult nutrition education curriculum that conducts cooking demonstrations using recipes from the Eating Healthy in a SNAP recipe book. The lessons use the USDA MyPlate topics such as: Whole Grains and Fiber, Portion Distortion, Salt and Sodium, Label Reading, Healthy Cooking at Home, Shopping on a Budget, Choosing Healthy Options When Dining Out, and Increasing Physical Activity.

CATCH is an early childhood and school-age (3–4-year-old - 8th grade) nutrition education and physical activity curriculum. The CATCH Early Childhood curriculum has eight lessons that focus on nutrition education and physical activity and also a gardening and nutrition education curriculum. The after-school curriculum focuses on nutrition education and physical activity for K-8th grade.

Tiny Taste See How We Grow is a preschool nutrition education curriculum for children 3-4 years of age. The curriculum introduces children to a variety of fruits and vegetables. Preschoolers learn how and where the food is grown and can touch, smell, taste each one, and learn a song about the fruit or vegetable. Nutrition messages and recipes using the fruit or vegetable of the day are sent home with each child on the day of the tasting.

Cooking Matters® is a “Hands-On, 6-Week Course” that is helping to end childhood hunger by inspiring families to make healthy, affordable food choices. Classes are offered to adults, parents, and childcare professionals. Team-taught by a nutrition educator and a chef, the course covers food safety, meal preparation, grocery shopping, food budgeting and nutrition. Participants take home a bag of groceries at the end of each class to practice the skills learned in class. “Cooking Matters at the Store” grocery store tours provide families with hands-on education as they shop for food. The tours teach skills to compare foods for cost and nutrition. Participants learn how to plan and budget for healthy, affordable, and delicious meals.

Text2bwellsc is a text messaging service that encourages adults and seniors to make the healthy choice the easy choice. All texts focus on changing behaviors and include nutrition tips and information, quick and easy healthy recipes, healthy beverage options, creative budget saving tips, tips on using less salt, and fun ideas on how to be more active.

Farmers Market Demonstrations Project offers food demonstrations and recipe tasting using local fresh fruits and vegetables at farmers markets accepting SNAP EBT cards and senior vouchers. Demonstrations take place May through October. Recipe cards for the foods demonstrated are sent home with participants.

The Arthritis Foundation Walk With Ease Program is a 6-week community-based physical activity and self-management education program. While walking is the central activity, Walk with Ease includes health education, stretching and strengthening exercises, and motivational strategies. Group sessions include socialization time, pre-walk informational sessions, warm up and cool down time and a 10 - 35-minute walking period. Cooking demonstrations using recipes from the Eating Healthy in a SNAP recipe book are incorporated into the program.



**It's Your Health...
Take Charge!**



**Arthritis
Foundation®**
Champion of Yes®



Did You Know?

1 in 7 children in South Carolina struggles with hunger and 48% of households receiving SNAP benefits have children.



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